

Alvernia University's dining service is committed to bringing nutritious food to the table and making the healthy choice an easy choice for all our dining guests. We created BeWell to make it easier for you to choose well. First, our BeWell eating approach combines the latest in nutrition science and culinary trends to create a crave-worthy, nutritious menu choice. Second, our BeWell wellness approach encourages positive behavior change through our promotions, wellness education programs, and partnerships. Incorporating our StarChef program; an interactive menu program that highlights healthier options and provides the most current nutritional information for daily menus will complement BeWell.

SPECIAL DIETARY NEEDS

Alvernia's dining program and registered Dietitian (R.D.) will work with parents, school nurses, teachers, and health care providers to help manage students' food allergies and special diets by:

- » Working with physicians, dietitians, or qualified nutrition specialists to manage dietary substitutions.
- » Knowing where emergency medications are stored and knowing how they should be administered in case a student has an allergic reaction.
- » Reviewing menus with parents or students who have food allergies to determine what, if any, menu items need to be substituted.



FREQUENTLY ASKED QUESTIONS

How do I change my Meal Plan?

You are able to change your meal plan within the first two weeks of classes. To do this, please contact the Office of Student Accounts.

Why am I required to have a meal plan?

Not all Residence halls on campus have kitchen facilities. Your microwave works well for popcorn, but it's not sufficient to prepare well-balanced, nutritious meals. Having meals prepared for you allows you to focus on your education instead of trying to figure out what (or how!) to cook for dinner.

STUDENT EMPLOYMENT

There are many job opportunities available in the Dining Program. We offer a variety of positions and we pay competitive wages. Work schedules are flexible enough to accommodate your busy schedule. For more information stop by the dining services office.



CONTACT

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2020–2021

DINING GUIDE

ALVERNIA
UNIVERSITY



WELCOME

Welcome to the dining program at Alvernia University managed by Aladdin food service. We offer a program that meets the needs of today's college student. Each year you will experience exciting changes, fresh menus, and new enhancements to your dining experience. The enhancements will be a result of the feedback and input of students, faculty, and staff on campus.



HOURS OF OPERATION

DINING ROOM in the STUDENT CENTER

Monday-Friday

Breakfast	7:30am – 10:30am
Lunch	11:30am – 3:00pm
Dinner	4:30pm – 8:00pm

Friday dinner ends at 7:00pm

Saturday & Sunday

Continental Breakfast	8:30am – 11:00am
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** Continental Breakfast on Saturday**

Brunch	11:30am – 1:30pm
Light Brunch	2:00pm – 4:00pm
Dinner	4:30pm – 7:00pm

COURTSIDE CAFÉ in the PEC

Monday – Thursday	9:00am – 11:00pm
Friday	9:00am – 1:00am
Saturday	6:30pm – 1:00am
Sunday	6:30pm – 12:00am

KESTREL CAFÉ in BERNARDINE HALL

Monday – Thursday	10:00am – 5:00pm
Friday	7:00am – 1:00pm
Saturday & Sunday	CLOSED

FRESHENS at the PLEX

Monday – Friday	10:00am – 7:00pm
Saturday & Sunday	CLOSED

Hours of operation are subject to change around school holidays and closings.

Menus can be found online: Alvernia.edudine.com



MEAL PLANS

All first-year residential students are required to participate in the Unlimited Meal Plan or 14 Meal Plan. Meal swipes and Bonus Dollars do not carry over from semester to semester.

Unlimited Meal Plan

- +Unlimited swipes in our all-you-care-to-eat Student Center Dining Room
- + \$100 Bonus Dollars
- + 5 meal exchange per week

14 Meal Plan

- 14 meals per week in our all-you-care-to-eat Student Center Dining Room
- + \$250 Bonus Dollars
- + 5 meal exchange per week

190 Block Plan

- 190 meal swipes per semester to use any time in our all-you-care-to-eat Student Center Dining Room
- + \$125 Bonus Bucks
- + 4 meal exchange per week

150 Block Plan

- 150 meal swipes per semester to use any time in our all-you-care-to-eat Student Center Dining Room
- + \$200 Bonus Dollars
- + 4 meal exchange per week

110 Block Plan

- 110 meal swipes per semester to use any time in our all-you-care-to-eat Student Center Dining Room
- + \$200 Bonus Dollars
- + 3 meal exchange per week

75 Block Plan

- 75 meal swipes per semester to use any time in our all-you-care-to-eat Student Center Dining Room
- + \$50 Bonus Dollars

75 Block Plan

- 75 meal swipes per semester to use any time in our all-you-care-to-eat Student Center Dining Room
- + \$200 Bonus Dollars



MEAL PLAN EXCHANGE

Students on a meal plan have the option to use a meal swipe at the Courtside Café or Freshens at the Plex. The amount of exchanges allowed in one week depends on the meal plan. Meal plan exchanges are provided during the hours of 11:30am to 7:00pm, Monday through Friday and reset Thursday at Midnight.



VERN BUCKS

Vern bucks may be used in all of our dining outlets. When purchasing Vern bucks, patrons are given a 10% bonus of the dollar amount requested. Students may add Vern bucks when they deplete their bonus bucks. Vern Bucks do not expire.

To add more funds go to office of Student Accounts



TO-GO CONTAINERS

Every student will receive a reusable container to be used in the Student Center Dining Room. This gives students the freedom of taking their meal to go. When the used container is returned to the dining room a new clean container will be issued for the next meal.



CASUAL MEAL DINING RATES

Breakfast	\$ 6.00 +tax
Brunch (weekend only)	\$ 9.00 +tax
Lunch	\$ 9.00 +tax
Dinner	\$ 12.00 +tax